

RESEARCH ON THE ALLEVIATION OF READERS' PSYCHOLOGICAL ANXIETY SYMPTOMS BY THE PROMOTION OF LIBRARY CLASSIC READING FROM THE PERSPECTIVE OF CULTURAL INHERITANCE

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Background: In college teaching, reading is considered to be the main way for students to improve their knowledge level. Generally speaking, college students will choose reading to alleviate their psychological anxiety when they change from a familiar environment to a relatively unfamiliar environment for the first time. In the process of social development, a large number of studies have confirmed that reading is an important way to help individuals improve their thoughts and values. Some studies also believe that middle school students can find their own knowledge cognitive defects in reading, improve students' cognition and improve students' comprehensive quality. However, university is a special stage of students. Compared with the learning stages of junior middle school and senior high school, interpersonal communication has changed greatly. Many college students cannot adapt to this change, resulting in psychological anxiety. The long-term backlog of anxiety will affect students' normal study and life, lead to the decline of students' academic performance and damage to their physical and mental health. Under the influence of psychological anxiety symptoms, most students will still choose to immerse themselves in the reading work of the library. However, it is undeniable that anxiety psychology brings about the individual's worry about gain and loss, which also leads to students' anxiety and unable to fully understand the important ideas in the book. In addition, some psychological studies believe that students' anxiety will be affected by the external environment, including the work of the library in reading promotion.

College students' desire for reading is not high in their daily learning. On the one hand, college students' awareness of independent reading is the reason for their low desire for reading, but on the other hand, the university library is not well prepared for the external promotion. University library is not only an important place for students to enrich their own knowledge, but also the main communication medium to popularize reading to the whole people. With the increase of social demand for high talents, improving personal culture has formed an important means to ensure personal development. However, it is not optimistic that the effect of universities in library promotion is not ideal. The main reason is that they cannot clearly understand the impact of university library reading promotion, that is, they do not explore the relevant influencing factors. From previous studies, it can be found that promotion is a form of communication, and the form of communication is the communication between things. And it can be found that the current library reading promotion work is more traditional, and the promotion of cultural knowledge in books is less, which leads to students not being able to understand the cultural ideas at the first time. When students cannot receive the cultural and ideological guidance in library reading promotion, students are rarely likely to participate in library reading, which makes students with psychological anxiety unable to obtain spiritual support from reading, and in serious cases, it will aggravate students' anxiety. Therefore, in order to alleviate students' psychological anxiety, this study takes cultural inheritance as a breakthrough, analyzes the impact of cultural communication in the reading and promotion of library classic works on students' anxiety, and puts forward some strategies to improve students' anxiety.

Objective: This paper analyzes the current situation of the reading and promotion of classic literary works in colleges and universities, analyzes the anxiety of students in library reading, and explores the impact of the reading and promotion of library classic literary works based on cultural inheritance on students' psychological anxiety.

Subjects and methods: Taking 300 students in a university as the research object, this paper uses the Self-rating Anxiety Scale to evaluate the current situation of students' anxiety, and understands students' views on library reading promotion through interview in the evaluation process. According to the statistics of students' views on the reading promotion work of university library, this paper puts forward the core path of library reading promotion work, introduces the thought of cultural inheritance, puts forward the promotion scheme of library classic literary works based on cultural inheritance, and analyzes the effect of alleviating students' anxiety under the function of cultural inheritance and promotion scheme.

Results: The survey shows that 45 of the 300 students suffer from serious psychological anxiety. The change of the number of students with serious anxiety under the cultural inheritance and promotion program is analyzed, as shown in Table 1. Table 1 shows that under the influence of the scheme, with the continuous promotion work, the number of students with serious psychological anxiety has been reduced to 21, and 4 of them have been released from psychological anxiety.

Table 1. Changes of anxiety degree of students with severe anxiety (n=45)

Degree of anxiety	0 month	1 month	2 months	3 months	4 months
Severe anxiety	45	39	34	28	21
Moderate anxiety	0	3	4	9	13
Mild anxiety	0	3	5	6	7
No anxiety	0	0	1	2	4

Conclusions: The psychological anxiety of college students will seriously affect students' study and life. Reading is one of the more effective methods to alleviate college anxiety, but the lag of library promotion leads to the fact that students' psychological anxiety cannot be alleviated at the first time. The research introduces the thought of cultural inheritance to promote the classic literature in the library, so as to help students deeply understand the core ideas in literary works and alleviate their psychological anxiety. The promotion experiment shows that the anxiety of college students under the cultural inheritance and promotion program is significantly reduced. Therefore, in college education, colleges and universities need to improve the promotion of library reading, help students alleviate psychological anxiety and promote students' growth.

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STUDY ON THE REGULATION OF PHYSICAL EXERCISE ON SOCIAL FEAR AND ANXIETY OF HIGHER VOCATIONAL COLLEGE STUDENTS

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Background: Psychological anxiety refers to the panic and anxiety caused by social individuals in the face of difficulties or obstacles because they are difficult to solve in time or worried that they cannot solve them effectively. Appropriate psychological anxiety can promote individual behavior and effectively urge individuals to improve self-efficiency. However, excessive psychological anxiety will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions. Under the new social situation, higher vocational students in China are only children, and their family life is relatively closed and constrained, so they are shy and introverted. A long time alone leads to the low ability of these vocational students to deal with problems in interpersonal communication and cannot form a normal interpersonal relationship, which makes vocational students prone to psychological anxiety in the face of interpersonal communication and communication. On the other hand, with the improvement of social and economic level, the connivance of parents to students in modern society is increasing day by day. Some parents spoil students too much, resulting in students' low psychological pressure resistance and fragile psychological defense line. Therefore, when students leave their families for collective life, they are prone to problems with low willpower and emotional control in the face of difficulties and setbacks, and are troubled by negative emotions such as psychological anxiety in the process of problem solving. When students have anxiety, it will also lead to students' lack of sufficient self-confidence, so that students dare not participate in social activities, which will lead to students' social phobia. Therefore, how to alleviate students' anxiety and social fear is a key problem to be broken through in college teaching.

The study and exercise of physical education curriculum can not only improve students' physical quality, but also help students improve their mental health level and alleviate their psychological pressure through physical exercise and the infection of sports spirit. However, the traditional teaching mode of physical education is relatively backward and rigid, which is not conducive to the development of students' mental health. Some studies have put forward the physical exercise method of combining physical education teaching with game method, combining traditional physical education teaching methods with games, stimulating students' interest in sports learning and exercise through relaxed recreational games, promoting students to actively carry out sports activities, alleviating students' negative emotions and helping students get rid of psychological anxiety while improving students' physical quality. At the same time, some studies have found the specific mechanism of sports to alleviate anxiety. They believe that students can maintain a pleasant psychological feeling in physical exercise, eliminate the impact of negative emotions such as anxiety on students' mental health through psychological and physiological satisfaction and pleasure, and alleviate students' anxiety and anxiety. Therefore, in order to reduce the anxiety psychology of higher vocational college students and alleviate the social fear of students under the